

DISTRICT 39 NEWSLETTER

# ONE DAY AT A TIME

**AA SUPPORT FOR MEN**

[supportformen@abbotsfordaa.org](mailto:supportformen@abbotsfordaa.org)

**AA SUPPORT FOR WOMEN**

[supportforwomen@abbotsfordaa.org](mailto:supportforwomen@abbotsfordaa.org)

**DCM (DISTRICT COMMITTEE MEMBER)**

[dcm@abbotsfordaa.org](mailto:dcm@abbotsfordaa.org)

**ALTERNATE DCM**

[altdcm@abbotsfordaa.org](mailto:altdcm@abbotsfordaa.org)

**ARCHIVES**

[archives@abbotsfordaa.org](mailto:archives@abbotsfordaa.org)

**PUBLIC INFORMATION**

[pi.cpc@abbotsfordaa.org](mailto:pi.cpc@abbotsfordaa.org)

**CORRECTIONS**

[corrections@abbotsfordaa.org](mailto:corrections@abbotsfordaa.org)

**EVENTS**

[events@abbotsfordaa.org](mailto:events@abbotsfordaa.org)

**GRAPEVINE**

[grapevine@abbotsfordaa.org](mailto:grapevine@abbotsfordaa.org)

**TREATMENT**

[treatment@abbotsfordaa.org](mailto:treatment@abbotsfordaa.org)

**BRIDGING THE GAP**

[bridgingthegap@abbotsfordaa.org](mailto:bridgingthegap@abbotsfordaa.org)

**MEETING LISTS**

[meetinglists@abbotsfordaa.org](mailto:meetinglists@abbotsfordaa.org)

**NEWSLETTER**

[newsletter@abbotsfordaa.org](mailto:newsletter@abbotsfordaa.org)

**COOPERATION/PROFESSIONAL COMMUNITY**

[pi.cpc@abbotsfordaa.org](mailto:pi.cpc@abbotsfordaa.org)

**SECRETARY**

[secretary@abbotsfordaa.org](mailto:secretary@abbotsfordaa.org)

**TECHNICAL SUPPORT FOR CHAIRS**

[techsupport@abbotsfordaa.org](mailto:techsupport@abbotsfordaa.org)

**TELEPHONE/AA HOTLINE**

[telephone@abbotsfordaa.org](mailto:telephone@abbotsfordaa.org)

**TREASURER**

[treasurer@abbotsfordaa.org](mailto:treasurer@abbotsfordaa.org)

**LITERATURE**

[literature@abbotsfordaa.org](mailto:literature@abbotsfordaa.org)

**WEB**

[webmaster@abbotsfordaa.org](mailto:webmaster@abbotsfordaa.org)

## WHEN A.A. MATTERS MOST



January can feel like both a beginning and a reckoning. The noise of December quiets down, and many of us suddenly notice what we're really feeling—old memories, grief, loneliness, or the pull of familiar habits. Winter days can be long, and nights can feel even longer. Yet these are exactly the times when A.A. matters most.

Recovery does not promise an easy season; it offers a different way to walk through it. In these months, we lean more on meetings, phone calls, texts, and simple daily tools that keep us connected and sober. This January, let's keep turning toward each other. Reach out, listen, tell the truth about where you are. Every honest share, every day without a drink, is a real victory.

**HELP  
LINE** **24/7**

If you need help or would  
like to talk to someone  
about your drinking, call us

**604-615-2911**



# MY THOUGHTS ON PRAYER

DAVE R.

When I attended my first AA meeting I thought that was all I had to do to get sober. But then I was encouraged to “do” the Steps AND learn how to pray.

I could say the words but not with conviction. I had lost many friends to alcoholic deaths so, I thought I should try a little harder. I went and checked with the pastor at the local church. I learnt the Lord’s

Prayer first and never looked back.

My life improved and I was able to work on the steps. Every morning I do my prayers and blessing and take some time for meditation and I know I’ll stay sober that day. By doing them and attending meetings I have stayed Clean and Sober for a few years now and can now pass this message on to new people.

What have you got to lose?



If you need help or would like to talk to someone about your drinking, call us.

**24-Hour Help Line**

**604-615-2911**

## FIND A MEETING

[www.abbotsfordaa.org/meetings](http://www.abbotsfordaa.org/meetings)

**Meeting Guide:** A free mobile app for iOS and Android. Designed to be simple, fast, and help you find A.A. meetings wherever you are.

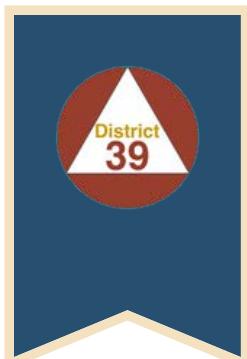
Zoom or Dial In from the downloaded App.



## DISTRICT NEWSLETTER

# VOLUNTEER RECRUITMENT

We need your help on the District 39  
Newsletter Committee!



## BENEFITS!

- Bring the message to the A.A. community
- Work in a Service role
- Learn new skills
- Forge friendships!

### More information



Ronel 778-345-6782



[newsletter@abbotsfordaa.org](mailto:newsletter@abbotsfordaa.org)



# MY THOUGHTS ON SPONSORSHIP

DAVE R.

As I proceeded through the 12 Steps I had tried to be as helpful as I could to newer members, but it wasn't until I completed Step 11 that I felt comfortable to take on a sponsee on my own.

With encouragement from my own sponsor and group members, I felt ready. I had acted as a temporary sponsor so I was confident I could help someone.

One of the volunteer positions I do is, I answer the 24-hour AA Helpline and I had received several queries, mostly people looking for general information, but that all changed last year. I got a call within 5 minutes of my shift ending, and so it began! We talked for awhile and I asked him to meet me at my home group the next day and he did. After the meeting we went for coffee and I outlined the program to him. I told him my story and what I had done to straighten out my past and why I was trying to be helpful to him. I got him a Big Book and suggested that he read chapter 5.

A few days later he asked me to be his sponsor and of course I accepted. We went for coffee after the meeting and went to a local park to work on his steps. Steps 1,2 and 3 well went as he had a religious background. Steps 4 and 5 took a bit longer but we got through them. At the end of three months, he had reconciled with his family and got back with his wife.

In working with him I was able to review my own program, so I certainly gained as much as I gave. My personal program consists of 5 or 6 meetings a week and I am involved with several service groups. As for

## THE 24-HOUR A.A. HELPLINE NEEDS YOU

For more info contact the hotline at:

[telephone@abbotsfordaa.org](mailto:telephone@abbotsfordaa.org)  
or call Dave direct  
778-908-6670

If you have a Home Group, please let your GSR or Secretary know so they can announce at your meeting.

*cont...*

# MY THOUGHTS ON SPONSORSHIP

my sponsee, he is now 18 months sober with a new career and a new baby. Taking on a new person is very rewarding and doesn't always work well but it is certainly well worth the effort.

I cannot emphasize the importance of accepting a

higher power and learning to pray. I had no religious experience and hadn't been in a church in 50 years, but I had decided to do the 12 Step program by the book, The Big Book of Alcoholics Anonymous.



## GRAPEVINE Subscription Prices (USD)

### **Paper Edition:**

1 Month: \$6

1 Year: \$36

2 Years: \$68

3 Years: \$90

### **Digital Edition:**

Monthly Payment \$2.99

1 Year: \$29.99

2 Years: \$49.00

3 Years: \$69.00

*Digital Subscription Perks:*  
Full access to all back issues

[grapevine@abbotsfordaa.org](mailto:grapevine@abbotsfordaa.org)

**SUBSCRIBE at [aagrapevine.org](http://aagrapevine.org)**

# TRADITION ONE

Our common welfare should come first; personal recovery depends upon A.A. unity.

Tradition 1 teaches that A.A.'s unity must come first because each member's personal recovery depends on the strength and harmony of the group as a whole.



## STEP 1 PRAYER

I admit that I am powerless over my addiction.

I admit that my life is unmanageable when I try to control it.

Help me this day to understand the true meaning of powerlessness.

Remove from me all denial of my addiction.

## CONCEPT 1

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.



# TRADITION 1

*Checklist*



**Who comes first?** Our shared welfare as a group, not my preferences or personality needs.



**Am I dividing?** My words or actions create cliques, gossip, or “us versus them” energy.



**Am I cooperating?** I support group decisions, even when not my way, to protect unity.



**Is ego leading?** I push my ideas, positions, or resentments ahead of the group's stability.



**Am I contributing?** I show up, listen, and participate so the group remains strong for newcomers.

## TREATMENT AND ACCESSIBILITY COMMITTEE



***Members of Treatment Committees work to carry the A.A. message into treatment settings (care homes, hospitals, etc.) where suffering alcoholics, and the professionals who treat them, may be introduced to A.A.***

Male members: If you'd like to know more or share your story on a Kinghaven panel, please contact Corey at [treatment@abbotsfordaa.org](mailto:treatment@abbotsfordaa.org).

Female members: If you would like to know more or share your story on a panel, please contact Terri-Lynn on 604-556-6525

**[treatment@abbotsfordaa.org](mailto:treatment@abbotsfordaa.org)**

## SERVICE OPPORTUNITIES

1. Attend Treatment Centre Meetings to carry the message to newcomers
2. Share your story on a panel: females needed on Nov 25 at 12:30 pm
3. Help deliver\* AA brochures, booklets, and meeting guides to:
  - Senior homes
  - Youth/Student-service related facilities
  - Indigenous community offices

\*Gas money for delivering literature can be reimbursed. Lists of facilities will be provided to volunteers.

## LITERATURE CORNER



Literature orders: prepare to pre-pay with e-transfer or cheque.

Contact Yogesh 778-779-4906

A.A. literature is the backbone of the program's unity, clarity, and spiritual direction. It safeguards the message, supports personal recovery, and unifies members with a shared foundation.

D39 Newcomers Kit Envelope  
now available via Langley  
Intergroup (email me for details)  
[literature@abbotsfordaa.org](mailto:literature@abbotsfordaa.org)

To place an order, send an  
email to  
[literature@abbotsfordaa.org](mailto:literature@abbotsfordaa.org)  
with inventory code and title  
(available at  
[www.abbotsfordaa.org](http://www.abbotsfordaa.org))

The next Literature Corner zoom meetings are  
JANUARY 15 and FEBRUARY 19.

Meeting ID: 879 8807 7565  
Passcode: Literature

## NEWSLETTER SUGGESTIONS...

If you have any suggestions or want to publish something in the next issue, please feel free to contact the newsletter committee at [newsletter@abbotsfordaa.org](mailto:newsletter@abbotsfordaa.org).



# CORRECTIONS CORNER

## CARRYING THE MESSAGE BEHIND THE WALLS

“Hi, my name is Marion, and I’m an alcoholic.”

As part of my service in District 39, I attend weekly A.A. meetings at the Fraser Valley Institution for Women, a federal prison in Abbotsford. Our group is called Freedom from Within. Attendance ranges from a few women to over a dozen, depending on the unit. Most are serving long sentences, and our volunteer presence is small—but meaningful.

The meetings follow a familiar A.A. format: readings, a chosen topic, and sharing. We close by joining hands and saying the Serenity Prayer. What may seem like a simple routine on the outside takes on profound meaning inside those walls. These women share honestly about family, health, parole preparation, grief, hope, and connection.

I chose this service after longtime volunteers describe prison meetings as the “highlight of their week.” I now understand why. Every Tuesday I walk through those gates, I’m reminded that I easily could have ended up on the other side.

Your Seventh Tradition contributions have contributed towards distributing Big Books, Daily Reflections, Experience, Strength and Hope, Plain Language Big Book, As Bill Sees It, and pamphlets. Thank you!

What the women teach me, over and over, is that consistency builds trust. Showing up matters.

Service enhances my recovery. It’s about showing up, listening, and giving back the grace I’ve been given.

# CORRECTIONS CORNER

## CARRYING THE MESSAGE BEHIND THE WALLS

### THE THREE PILLARS OF A.A. CORRECTIONS—FRASER VALLEY INSTITUTION (WOMEN)

#### A.A. MEETINGS—TUESDAYS 6:30 AND 7:30 P.M.

##### **Minimum Security**

- Insiders from Medium Security are being transferred to this building.
- Gate pass permits copies of books when needed.
- December 2 and 9—other plans cancelled the meetings

##### **Medium Security**

- December 2—low attendance due to ‘Restoring Hope’ event
- December 9—advised meeting was replaced with a Christmas event for the women.

**An A.A. Step Group** (Joe & Charlie) is offered by two other volunteers on Saturdays. Last I heard, this is attended by one person.

**November 25th:** I attended a training workshop at FVI “Boundaries Orientation” facilitated by a Security Intelligence Officer. Approximately ten volunteers were present: two AA volunteers, remainder were from other organizations like M2 and Restoring Hope. Met with S.P.O. after training to discuss *what's working* and *what's not*.

**Pen Pal Plus**—This topic is raised during every meeting.

**Pre-Release Arrangements**—The pre-release program connects inmates 3-6 months from release with a temporary outside contact for recovery support, explicitly excluding financial or housing assistance.

# TELEPHONE / HOTLINE REPORT

Nothing much to report, everything is working well. Volunteer lists are up to date and are current. We are still receiving 2 to 10 calls per week and can usually answer most questions. I am still at the point where I am advertising for new volunteers

because some people go away on holidays, etc.

We have had a number of solid contacts in the last few months so system is working well. If there's any questions: feel free to ask:

[telephone@abbotsfordaa.org](mailto:telephone@abbotsfordaa.org)

**Dave R**

*Telephone Chair*

## RESOURCES

The following information is provided for awareness only. AA is not affiliated with any outside organization.

### Need help with a drinking problem?

A.A. has a solution. That isn't an empty promise. A.A. has been helping alcoholics recover for more than 80 years. A.A.'s program of recovery is built on the simple foundation of one alcoholic sharing with another. If your drinking is out of control, A.A. can help.

[www.abbotsfordaa.org](http://www.abbotsfordaa.org)

604-615-2911

### Alcohol and Drug Info and Referral Service

1-800-663-1441: Information and referrals, emergency support.

### BC Government Health Information

811: Call from anywhere in B.C. to speak to a health services navigator. They can help you find health information and services or connect you directly with a registered nurse.

### Mental Health Support Line

310-Mental Health (310-6789, no area code needed): Call toll-free anywhere in B.C. to access emotional support, information and resources specific to mental health and substance use issues. Available 24 hours a day.



## EVENTS

### LITERATURE CORNER

JANUARY 15 @ 7—8 PM

This is an event that reoccurs on the third Thursday of the month. We review at least 3 pamphlets and have other Literature related announcements.

Meeting ID: 879 8807 7565  
Passcode: Literature

<https://bcyukonaa.org/event/the-area-79-literature-corner-3/>

### GABBIN' 'BOUT THE GRAPEVINE

JANUARY 18, 11 AM—12 PM

Monthly meeting open to the fellowship where we inform and share on Grapevine stories, audio clips, podcasts and more.

**Meeting ID:** 831 0773 4645

**Passcode:** 526279

### YOU HAVE A STORY TO TELL – WRITING WORKSHOP

JANUARY 25 @ 3—4:30 PM

This is a virtual writing workshop for members to write stories for two new pamphlets one for the **Transgender Alcoholic** and the other for the **Asian Alcoholic**.

There are three remaining occurrences of the opportunity.

**Zoom ID:** 842 434 92371

**Password:** 705297

<https://bcyukonaa.org/event/you-have-a-story-to-tell-writing-workshop/>

For more information go to  
[www.bcyukonaa.org](http://www.bcyukonaa.org)



## EVENTS

### **CORRECTIONS CORNER**

**JANUARY 25 @ 7—8 PM**

An open speaker meeting featuring AA members whose lives and recovery were impacted by the corrections system. Speakers come from all over North America but the meeting is hosted by the District 43 corrections committee. We recently introduced a new format and the meeting now includes a sharing session on a corrections related topic to promote discussion and understanding of this vital AA service work. We welcome all who want to learn more or hear amazing recovery stories, no previous involvement in corrections required!

**Zoom ID:** 991 5032 3288

**Password:** *langley* (all lower case)

<https://bcyukonaa.org/event/corrections-corner-7/>

### **AA SPONSORSHIP WORKSHOP**

**SUNDAY, FEBRUARY 1 @ 2—4 PM**

Join us for a day of learning and growth focused on the key role of sponsorship in sobriety.

Facilitated by Area CPC Chair, Michelle. Snacks, coffee, and refreshments will be provided.

*Fraser Room, Maple Ridge Library*

<https://bcyukonaa.org/event/sponsorship-workshop-2/>

**For more information go to  
[www.bcyukonaa.org/events](http://www.bcyukonaa.org/events)**

# S.O.S

## *Sobriety On Sophia*

2:30-8:00pm  
**Saturday, January 17th**  
2775 SOPHIA ST VANCOUVER



**Brendan D. from Seattle**  
**Countdown 7:00 pm**

Depth & Weight- Panel	2:30 - 3:30
2nd Generation AA Members- Panel	3:45 - 4:45
After AA Hiatus- Panel	5:00 - 6:00

Comedy at 9:00pm

Marathon Meeting

7<sup>th</sup> Tradition

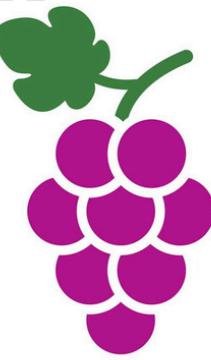
Contact: (604) 537-9779



THE BEST OF THE  
GRAPEVINE

Volume 1

# Gabbin' About The



# AA GRAPEVINE

**Join Your Area 79 Grapevine  
Committee Every 3rd Sunday  
of the Month at 11am**



**Meeting ID 831 0773 4645  
Passcode 526279**

**NO MEETING IN APRIL DUE TO  
PRECONFERENCE**

To sign up for an electronic copy of the monthly newsletter, please go to

[www.abbotsfordaa.org/newsletter](http://www.abbotsfordaa.org/newsletter)

or scan the QR code below



## Responsibility Pledge

I am Responsible.  
When anyone, anywhere,  
reaches out for help,  
I want the hand of A.A.  
to always be there,  
and for that:  
I am Responsible.